**Daily Check-Ins**

**Betraying Spouse:**

1. Today, I’ve been feeling (e.g., sad, anxious, ashamed, happy):
2. Some challenges I encountered were (triggers):
3. Coping skills I’ve been using:
4. One thing I have learned about myself is:
5. I’m grateful for:

**Betrayed Spouse:**

1. Today I’ve been feeling:
2. Some challenges I’ve encountered were (triggers):
3. Self-care or coping I’ve been utilizing:
4. One way that you could help me would be to: